

Ellesmere Port Sports Village Fitness Class Timetable September - December 2019

MONDAY	
6.45am - 7.30am Vicky	Brio Cycle*
9.15am - 9.45am Ruby	HIIT Step
9.30am - 10.15am Lisa	Post-natal Cycle
9.50am - 10.35am Sasha	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.40am - 11.35am Sasha	Brio Cycle*
10.45am - 11.30am Helen	Zumba Toning
11.00am - 12.00pm Dora	Pilates
12.00pm - 12.45pm Dora	Brio Ball
12.00pm - 1.00pm Lisa	Brio Move
1.15pm - 1.45pm Dave	Gym HIIT(50+)**
1.15pm - 2.00pm Dora	Brio Move Circuits
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.15pm Dan	Metafit & Core®
6.00pm - 6.45pm Emma	Brio LBT
6.00pm - 7.00pm Mel	BODYPUMP®*
6.05pm - 6.55pm Julie	Aqua Jog
6.15pm - 7.15pm Becky	Brio Cycle*
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Dan	Brio Kettlebell
7.15pm - 7.45pm Emma	Metafit®
7.15pm - 8.15pm Becky	Brio Cycle*
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.30pm Faye	Pilates

TUESDAY	
7.00am - 7.45am Jan	Brio Cycle*
9.30am - 10.15am Ruby	Clubbercise®
9.30am - 10.30am Jess	Brio Cycle*
10.00am - 11.00am Mel	BODYCOMBAT®*
10.15am - 11.15am Tersia	Yoga 
10.30am - 11.00am Gym Team	Gym HIIT**
11.15am - 12.00pm Mel	BODYPUMP®*
11.15am - 12.15pm Tersia	Pilates
1.00pm - 2.00pm	Relaxed Gym Hours 
5.15pm - 5.45pm Robb	Metafit®
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.00pm Dora	Brio Core
6.00pm - 6.45pm Robb	Brio Circuits
6.00pm - 7.00pm Bev	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Jan	Brio Cycle*
6.30pm - 7.30pm Julie	Aqua Fit
6.30pm - 7.30pm Sarah	Aqua Jog (Deep end)
7.00pm - 7.45pm Jan	Brio Cycle*
7.05pm - 8.00pm Dan	Brio Kettlebell
7.15pm - 8.15pm Faye	Brio Step
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.00pm Julie	Aqua HIIT





WEDNESDAY	
6.45am - 7.30am Suzie	BODYPUMP®*
9.30am - 10.15am Ruby	BODYPUMP®*
9.30am - 10.25am Dora	Pilates
10.00am - 10.45am Jan	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Dora	Zumba Gold
10.30am - 12.00pm Najia	Tai Chi
10.45am - 11.30am Jan	Brio Cycle*
11.30am - 12.15pm Dora	Brio Move Circuits 
11.45am - 12.30pm Jess	Brio Cycle (Beginners)*
5.15pm - 6.00pm Lisa	Brio Cycle*
5.15pm - 6.00pm Robb	BODYATTACK®*
5.30pm - 6.00pm Emma	Metafit®
6.00pm - 6.45pm Ginette	Clubbercise®
6.00pm - 7.00pm Emma	The Hour of Power
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Lisa	Brio Cycle*
7.00pm - 7.30pm Jo	Swim Fit
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.10pm - 7.55pm Ceri	BODYPUMP®*
7.30pm - 8.00pm Jo	Swim Fit
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.15pm - 9.15pm Vivienne	Yoga


THURSDAY	
6.45am - 7.15am Brad	Gym HIIT**
9.30am - 10.25am Sasha	Brio Kettlebell
9.30am - 10.30am Ceri	BODYPUMP®*
10.00am - 10.45am Ruby	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT
10.30am - 11.15am Mel	BODYCOMBAT®*
10.30am - 11.15am Ginette	Clubbercise® 
11.00am - 12.00pm Sarah	Aqua Fit
11.30am - 12.30pm Sasha	Pilates
1.00pm - 1.45pm Dora	Brio Move Circuits
1.00pm - 2.00pm	Relaxed Gym Hours 
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Helen	Zumba Toning
5.15pm - 6.00pm Becky	Brio Cycle*
6.00pm - 7.00pm Emma	Brio Burn
6.15pm - 7.00pm Mel	BODYPUMP®*
6.30pm - 7.30pm Becky	Brio Cycle*
7.00pm - 7.45pm Sarah	Aqua Dance
7.00pm - 8.00pm Emma	Brio LBT
7.15pm - 8.00pm Robb	BODYCOMBAT®*
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.00pm - 9.00pm Traci	Brio Tri Training

FRIDAY	
6.45am - 7.30am Vicky	BODYPUMP®*
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.15am Lily	BODYATTACK®*
9.30am - 10.30am Sarah	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Jan	Brio Cycle*
10.45am - 11.45am Urška	Yoga 
12.00pm - 1.00pm Urška	Brio Move
1.15pm - 2.15pm Urška	Pilates
5.00pm - 5.45pm Emma	Brio Kettlebell
5.00pm - 5.45pm Helen	Zumba
6.00pm - 7.00pm Mel	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Jan	Brio Cycle
7.15pm - 8.15pm Mel	BODYCOMBAT®*

SATURDAY	
8.30am - 9.15am Lisa	Brio Cycle*
9.00am - 9.30am Robb	Metafit®
9.30am - 10.15am Robb	BODYATTACK®*
9.30am - 10.30am Vicky	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Robb	BODYCOMBAT®*

SUNDAY	
8.15am - 9.00am Ruby	Brio Cycle*
9.15am - 10.00am Ruby	Brio Cycle*
9.30am - 10.15am Mel	BODYCOMBAT®*
10.10am - 10.55am Ruby	Clubbercise®
10.15am - 11.00am Colin	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Mel	BODYPUMP®*
4.00pm - 5.00pm Sarah	Aqua Fit
5.00pm - 6.00pm Robb	BODYCOMBAT®*

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

 Sessions with this symbol are suitable for those living with Dementia, Autism or any other cognitive disorders.

**FROM
£4.30
FREE**
TO PREMIER MEMBERS

* These are premium rate sessions
**A Welcome Workout is required before taking part in this class
^ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card.